

# The Personal Narrative Frame

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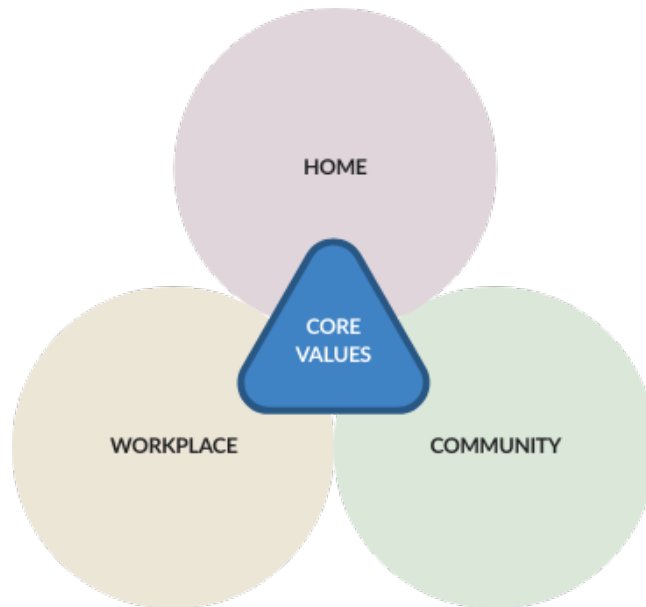
Creating the Story of your  
Restored Leadership: The  
Personal Story

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RESTORED LEADER

# The relationship model



## **Core Values:**

Undeniable truths that help you make sense of self and the world.

## **Home:**

These relationships are those you consider “family”.

## **Community:**

They are your friends, neighbors and places of worship.

## **Workplace:**

These relationships are with your professional colleagues and customers you serve.

THE PERSONAL STORY

# Creating the Story of your Restored Leadership

People love stories. Narrative structures are the easiest way for people to relate to one another and understand complex ideas.

The Restored Leader Narrative Framework is a story-centric approach that takes seven elements of your personal calling and breaks them down into chapters of a larger narrative.

This framework helps you build an authentic script you can use to design intentional communication in your family, work and community.

You're invited to reflect on these prompts and formulate the story elements to build your own authentic narrative.

## 1. Core Values

Core Values are undeniable truths that help you make sense of yourself and the world. These words describe both current and aspirational versions of you. When compromised, you fail, and others around you suffer. You want to be known for these qualities. They represent your character.

What are your personal Core Values?

How do you define them?

If applicable, what Scripture is used to anchor them?

## **2. Vision & Your Unique Calling**

What is the future you hope for that isn't currently realised?

Pursuing this vision requires your unique leadership to become a reality.

What work do you do daily to pursue this vision?

### 3. Those Entrusted to You

What relationships are entrusted to your care? Think of your spheres of influence -- at work, home and in the community.

In each sphere, list their names and note:

- What is going well?
- What are some areas of tension?
- What do you hope for in each of these?

### 4. The Problems of Those in Your Care

Everyone experiences three levels of problems:

A) External- These are external forces actively causing conflict (for example: fractured relationships, competition, avoiding reality, not enough time in the day).

B) Internal- This describes how they feel about their external problems (for example: embarrassed, sad, frustrated).

C) Philosophical- From a logical, thoughtful perspective: What is the “big lie” that you want to expose that’s causing unnecessary problems? Or why is it wrong that they’re facing these external and internal problems? What *should* be happening instead? (The TRL philosophical problem is we believe that leaders of any kind shouldn’t ever feel alone in their journey. That’s why we believe good development happens together with a coach.)

Consider the “common denominator” problems of everyone in your care:

External problem: What is keeping them from experiencing the life you hope for them?

Internal problem: What emotions come up as a result of the external problem?

Philosophical statement: What do you think should be happening instead of the external/internal problem they're dealing with? Why does this matter to you?

### **5. Your Approach:**

There are a few simple steps (1-2-3) that you could be doing in your role to address these problems. This is your unique leadership approach.

A) How do you approach leadership in three or less principles?

- 1.
- 2.
- 3.

B) Have an agreement. “If you do this together, we will achieve success in solving your problems.”

When thinking about your approach, consider:

A) Empathy- How you feel or have felt what others are experiencing. Why do you understand what they’re going through? You may have walked with others in similar situations – describe that.

B) Authority- What experience, skills and historical success makes you qualified to help people? What makes you the man (or woman!) for the job?

## **6. Transformation:**

Your vision and calling enables the person across from you to transform into someone different. Their life could evolve in a positive way. Describe what changes in others could result from your influence.

## **7. Call to Action:**

What will you invite your audience to do now that they know who you are and the story you are writing? What is their next step if they want to journey with you?

## **Now, put it all together:**

My Core Values are \_\_\_\_\_ and \_\_\_\_\_. What I mean by [Core Value 1] is [insert your unique, authentic definition.] And by [Core Value 2], I mean [insert definition].

I spend my days [insert your unique calling] because [insert those in your care] are facing [external problem], leaving them feeling [internal problem]. But I believe [philosophical] so that [insert your vision].



The way it works is this:  
[insert your process]  
[insert your agreements].

When people [unique calling] with me, [insert transformation].  
(Optional) [CTA]

**See it in action:**

Darren's Core Values:

My Core Values are Faith and Honesty. Faith is given to me, to steward and use to further reveal God's grace in my life. Honesty is first with God, that shapes my own sober identity so I can then be honest to others at home, work, and community.

I spend my days empowering others to redeem their authentic stories because they are facing daily pressures from the world that tell them they aren't enough, leaving them feeling hopeless. But I believe all people need to be empowered by an authentic personal story that they can live without compromise to truly become more confident and joyful.

The way it works is this:

I approach every conversation by being present for the other.  
I listen and share with honesty in service to the other.  
Together we find better ways forward.

When people share empowering conversations with me, they become more clear, confident and have restored hope in their journey.

## **Use this resource**

Your Personal Narrative Frame is another resource that you will refine continually on your journey to “becoming.” We hope that it serves as a guide to help you articulate your Core Values through a compelling story.

At The Restored Leader™, we believe that if you’re telling a great story that is unique to you and the Core Values you represent, your story will be irresistible.





## ABOUT THE AUTHOR

Darren Ho empowers leaders to live without compromise by redeeming their Core Values.

He knows that all leaders face daily pressures from the world; leaving them feeling exhausted, frustrated, hesitant, and often like they're chasing after the wind. Darren founded The Restored Leader™ – a leadership coaching firm – in 2017 to help clients Redeem, Protect and Live™ their Core Values. As a result, leaders create authentic narratives, giving them confidence and joy in their leadership formation.

Originally from the Los Angeles area, Darren is a first generation American citizen. He and his wife and three children currently reside in Indianapolis, Indiana. Before that, the Ho family lived in Asia and Europe for 11 years and as a result, are passionate global citizens.

Darren earned his Bachelor of Science in Business from the University of Southern California. He received his Executive and Organisational Coach education from the International Executive Coaching and Leadership and is a Professional Certified Coach (PCC) of the International Coach Federation. He received his Master of Arts in Theology at Fuller Theological Seminary in 2023.

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